



Save Your Sole

Foot & Ankle Specialists

Patient Guide

Mission Statement

Welcome to our clinic! Our goal is to provide high quality foot and ankle care to our patients in a professional, caring, and personal atmosphere.

Introduction

Podiatry is the broad based medical and surgical specialty dedicated to the prevention, diagnosis, and treatment of diseases and injuries of the foot and ankle. Our scope encompasses treatment and/or service for:

- Achilles Tendonitis/Tendinopathy
- Ankle Pain
- Ankle Sprains and Injury
- Athlete's Foot
- Arthritis
- Bunions
- Burning Feet
- Calf Pain
- Children's Feet
- Corns and Calluses
- Diabetic Foot Care
- Diabetic Foot Infection
- Diabetic Shoe Prescription
- Drop Foot
- Fallen Arches
- Flat Feet
- Fractures, Foot and Ankle
- Fungal Nails
- Ganglion Cyst
- Gout
- Hallux Limitus
- Hammertoes
- Heel Pain
- Heel Spurs
- High Arches
- Ingrown Toenails
- Lisfranc Injury
- Neuroma, nerve damage
- Orthotics, Custom Made
- Pediatric Congenital Foot Deformities
- Peripheral Neuropathy
- Plantar Fasciitis
- Plantar Fibroma
- Platelet Rich Plasma Injections (PRP)
- Rheumatoid Arthritis
- Skin Conditions: Infections, Rashes, Corns, Calluses, Warts, Fungus, etc.

- Sports Medicine and Injuries
- Tarsal Tunnel Syndrome
- Tendonitis
- Trauma
- Turf Toe
- Warts
- Swollen Ankles

Office Hours

Our Fort Collins office is staffed 8am to 5pm Monday through Friday.

Locations

Fort Collins clinic

1927 Wilmington Dr unit 102
Fort Collins CO 80528
Phone (970) 416-9009
Fax (970) 416-9010

Windsor clinic

1220 West Ash St unit A
Windsor CO 80550
Phone (970) 416-9009

Emergencies

If you experience a problem you consider an emergency, please call us at (970) 416-9009. The after hours message will give you the phone number for the current on-call physician who will be happy to assist you.

Appointments

Please call (970) 416-9009 to schedule an appointment for either clinic location. Realizing you are in pain, we will make every effort to have you seen as soon as possible. If you are unable to keep a scheduled appointment, please call to cancel more than 24 hours ahead of your appointment time so that your allotted time may be offered to another patient. A \$75.00 fee is charged if you do not show up for your appointment or cancel within 24 hours of your appointment. The \$75.00 fee must be paid before another appointment can be scheduled for you.

Occasionally, emergencies arise that may result in a delay from your scheduled appointment. If possible, our staff will try to keep you informed in advance of such delays. In the event of an unanticipated delay, we ask for your patience and understanding.

Initial Appointment

Your initial appointment will be more time-consuming than follow-up appointments. Quality medical care requires knowledge of your general health and a thorough history of your current foot and/or ankle condition.

Please bring:

- Your health insurance card(s) and a photo ID
- A referral if required by your insurance
- A list of your current medications and allergies
- Medical records pertinent to your treatment at our clinic.
- Worker's compensation claim number and referral number (if applicable)
- Motor vehicle accident claim number and policy number (if applicable)

Referral

If your insurance requires a referral for you to be seen by a specialist, it is your responsibility to request a referral from your referring or primary care physician prior to your visit. Unless required by your insurance company, a referral is not always necessary.

We utilize a team approach to your medical care. If you are referred from another physician's clinic, we will strive to keep your referring physician informed of your progress.

Prescriptions

Prescription refills are issued **only** during regular clinic hours. We suggest you call your pharmacy first for a refill at least 72 hours before you actually need the refill in order to ensure your medication can be taken without interruption. We cannot refill prescriptions on weekends, holidays, or after clinic hours because the on-call physician does not have access to your medical records and cannot determine the appropriate medication for your condition.

Fees

The fee for your initial visit will vary depending upon the complexity of your condition. There may be additional charges for:

- X-rays
- Ultrasound
- Medical supplies: orthotics, braces, casts, splints, etc.
- Injections
- Procedures

Insurance

We accept most insurance plans. It is imperative that we have your current insurance information so we can process your claim efficiently. Please notify our office of any changes to your insurance policy as soon as possible.

Currently, we participate with the following plans:

Aetna, Anthem Blue Cross/Blue Shield, AARP, Banner Health, Cigna, Cofinity, GEHA, Kaiser Permanente, Medicare, Mutual of Omaha, Private Health Care Systems (PHCS), Tricare, United Healthcare, and United Medical Alliance (UMA), United Medical Resources (UMR).

Please ask about other plans not on this list as this list may change.

Financial Responsibility

All co-pays are due and will be requested at the time of service. We accept cash, check, debit, Visa, and MasterCard for payment. When your insurance “authorizes” or “covers” a service or medical supply, it does not guarantee your insurance company will pay. It is important for you to understand that you are ultimately responsible for payments to your account.

About Our Physicians

Evie Plummer, DPM completed her Bachelor’s degree in Health and Exercise Science from Colorado State University. She received her Doctor of Podiatric Medicine medical degree from Des Moines University College of Podiatric Medicine and Surgery. She then returned to Colorado to pursue her surgical residency training at North Colorado Medical Center Podiatric Medicine and Surgical Residency. Dr. Plummer is a community member of Medical Center of the Rockies Hospital. She has been practicing with Save Your Sole Foot and Ankle Specialists since 2013. She is passionate about enhancing her patients’ quality of life by providing professional and thorough foot and ankle care.

Tucker Worthen, DPM is a board certified physician through the American Board of Foot and Ankle Surgery. He is certified in both foot surgery and reconstructive foot and ankle surgery. He received his Bachelor's degree from Utah Valley University in 2007. He then received his Doctor of Podiatric Medicine medical degree from Arizona College of Podiatry at Midwestern University in Glendale, AZ in 2012. Following this he completed his extensive three year podiatric surgical training at Legacy Health and Kaiser Permanente Podiatric Surgical Residency in Portland, OR. During his training, Dr. Worthen gained a special interest in Reconstructive foot and ankle surgery, foot and

ankle trauma, and ankle joint replacement. Dr. Worthen is an associate member of the American College of Foot and Ankle Surgeons. He has been practicing in Fort Collins since 2015. He is a staff physician at Poudre Valley Hospital and Banner Fort Collins Medical Center.

Joseph Lynott, DPM I was born in Escondido, CA, and raised in Virginia Beach, VA. I am a Navy veteran (Hospital Corpsman) with five years of military service, including a tour in Iraq. After graduating from medical school, my family moved to the Northern Kentucky area for my residency at the Jewish Hospital in Cincinnati, Ohio. After residency, I completed a surgical fellowship with Kentucky Indiana Foot & Ankle Specialist in Louisville, KY focusing on rearfoot reconstruction and trauma. I also have extensive training in external fixators, Pes Planus deformities, Pes Cavus reconstruction, total ankle replacements, ankle trauma, and forefoot surgery. Before moving inland, I was an avid surfer, waterman, and oceanfront lifeguard. I also enjoy being outdoors for either hunting, fishing, golfing, or hikes with my family. My other hobbies include collecting vinyl records and bourbon. During the fall season, I enjoy watching the NFL with my favorite team, the San Diego Chargers (not Los Angeles). I'm not much of a TV watcher, but have movie nights with my children.

Emily Webb, DPM received her Bachelor's degree from UCLA. She received her Doctor of Podiatric Medicine degree from New York College of Podiatric Medicine, Summa Cum Laude. Thereafter, she completed her surgical residency at Scripps Mercy Hospital in San Diego and Kaiser Permanente in Sacramento. She has been practicing in Fort Collins since 2000.

With the increasing dysfunction of our current healthcare model, more and more people are unable to afford expensive health insurance. Since beginning of 2023, Dr. Webb no longer participates in Medicare or any insurance so she can provide compassionate care at a reasonable cost to people who want it.

Her advice as a physician: Be kind and gentle to your body. It is not meant for overuse or abuse. If you are injured, allow ample time to let it heal. Our physical health is tied to our mental health, which is also connected to our spiritual health. These aspects of ourselves are all interconnected. Without understanding and practicing this, we cannot have a joyful, fulfilled and meaningful life.

Dr. Webb currently also teaches mindfulness (brain rewiring) as well as serving as an end-of-life doula in Northern Colorado.

About Our Staff

We have a dedicated staff to assist you in all aspects of your medical concerns.

Georgie, Alizabeth, and Amber: Administrative Assistant

Fallyn, Marshall, Tatum, Blaye and MacKenzie: Medical Assistant

Fallyn and Blaye: Scribe

Alizabeth: Surgery Authorization and Scheduling

MacKenzie: Authorization

Sammi: Billing

Georgie: Compliance